Nutrition Review Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_Block\_\_\_

Nutrition & Digestion

Lecture 1 &2

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the study of how your body uses the food you eat.

2 .A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is a chemical in food that helps maintain the body.

3. Some of the chemicals in foods help with:

1.

2.

3.

4.

4. There are six classifications for nutrients, in other words they are broken down into six categories. One category (nutrient) is split into 3 while another into 2.

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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5.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ &\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)

6.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ &

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5. What is a calorie?

6. Explain why calories do not necessarily equal nutrition. For example a bag of potato chips could have a lot of calories but may not provide you with a lot of energy or nutrition. Why?

6. Not everyone needs or requires the same nutrients therefore there are variables that affect nutrition. Those are the following: (back)

1.\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_\_\_\_

4.\_\_\_\_\_\_\_\_\_\_\_\_\_

5.\_\_\_\_\_\_\_\_\_\_\_\_\_

6.\_\_\_\_\_\_\_\_\_\_\_\_\_

7. What is digestion?

8. Name a few organs/parts that are responsible for the digestive process.

9. Name the 2 types of digestions

10. What are enzymes? What are they responsible for?

11. Why can’t some people digest milk, beans or certain foods?

12. What is absorption? Why is it important?